



# How to Fill Your Life With Light

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In the name of Allah, The Most Gracious, The Most Merciful





Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you  
in good health and imaan.

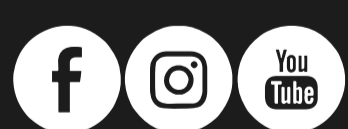
On behalf of our AMAU Academy team, we would like  
to present to you these compiled notes that we have  
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team  
and have not been comprehensively checked  
by a teacher.

If you find any errors or corrections that need  
to be made, kindly inform us via our email  
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May Allah make our paths toward seeking  
beneficial knowledge easy and kindle our hearts  
with sincerity and gratefulness  
towards Him.

Jazakumullahu Khayran



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## Glossary



جل جلاله | Jalla Jalāluhu  
**Allah the Most Exalted**



صلى الله عليه وسلم | Sallāllāhu Alayhi Wa Sallam  
**Peace and blessings of Allah be upon him**



رضي الله عنه | RadiAllahu `anhu  
**May Allah be pleased with him**

# A Light Within

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*Chapter One*

Human beings are created with a natural affinity for light. We love bright places and seek out well-lit environments. Even in our daily lives, much of our behaviour revolves around lighting.

Whether taking photos or setting up a room, we choose spaces with the best lighting. Staying in a dark room can feel torturous, highlighting our need for light.

This love for light is ingrained in our hearts by Allah ﷻ, while we inherently despise darkness. We even associate darkness with negativity and light with positivity, as seen in the saying, "There's a light at the end of the tunnel," signifying hope.

There are two types of light:

1 Tangible light (النور الحسي)

It includes our everyday lights, like bulbs, spotlights, and torches. Many people prioritise this type of light in their lives, going as far as choosing homes based on the amount of natural daylight they receive.

2 The Shara'i light (النور الشرعي)

This is the light that Allah ﷻ mentions in the Qur'an, the light brought by the Prophets and Messengers.

This Shara'i light is what brings true happiness. It is far better than tangible light because it is something which lies within.

Unlike the tangible light, which everyone can use, the spiritual light is granted by Allah ﷻ to those He loves. Moreover, He ﷻ allows it to remain with them.

Allah ﷻ says in a hadith al-Qudsi:

1 [...] وَمَا يَزَالُ عَبْدِي يَتَقَرَّبُ إِلَيَّ بِالنَّوَافِلِ حَتَّى أُحِبَّهُ، فَإِذَا أَحْبَبْتُهُ، كُنْتُ سَمْعَهُ الَّذِي يَسْمَعُ بِهِ، وَبَصَرَهُ الَّذِي يُبْصِرُ بِهِ، وَيَدَهُ الَّتِي يَبْطِشُ بِهَا، وَرِجْلَهُ الَّتِي يَمْشِي بِهَا، وَإِنْ سَأَلَنِي لَأُعْطِيَنَّهُ، وَلَئِنْ اسْتَعَاذَنِي لَأُعِيذَنَّهُ [...]

[...] and My servant continues to draw near to Me with supererogatory works so that I shall love him. When I love him I am his hearing with which he hears, his seeing with which he sees, his hand with which he strikes and his foot with which he walks. Were he to ask [something] of Me, I would surely give it to him, and were he to ask Me for refuge, I would surely grant him it. [...]

Bukhari

This hadith shows how Allah ﷻ protects and guides the senses and actions of His beloved servants. When they ask Him for something, He grants it, and when they seek refuge in Him, He protects them.

Now, a question arises...

1

Du'aas to Overcome Grief and Sadness

The first step towards attaining Noor ash-Shara'i (النور الشرعي) is through Iman. It is about belief in Allah ﷻ.

It encompasses belief in the heart, declarations by the tongue, and actions by the limbs.

Iman increases with obedience to Allah ﷻ and decreases with disobedience.

The Qur'an illustrates that Iman is a light for believers. In Surah Al-Baqarah, Allah ﷻ says:

2

اللَّهُ وَلِيُّ الَّذِينَ ءَامَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ [...]

**Allâh is the Walî (Protector or Guardian) of those who believe. He brings them out from darkness into light.**

Al-Baqarah 257

This verse emphasises that as our Iman grows, the light Allah ﷻ bestows upon us also increases. With stronger Iman, Allah's ﷻ love and support for us also grow.

Therefore, it is crucial to strive for an increase in Iman.

This involves:

- Recognising His Oneness (Tawheed)
- Studying and affirming His Names and attributes, and
- Reflecting on His signs that exist in the universe

# Speech That Illuminates

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*Chapter Two*

The second source of light that we can attain is the Qur'an.

The Qur'an is the speech of Allah ﷻ, through which He protects the believer from misguidance, cures his illnesses, and illuminates his life.

He says in the Qur'an:

1

[...] فَمَنْ أَتَّبَعَ هُدَايَ فَلَا يَضِلُّ وَلَا يَشْقَى

**[...] whoever follows My Guidance he shall neither go astray, nor shall be distressed.**

Ta ha 123

This Aayah tells us that anyone who follows Allah's ﷻ guidance will not be led astray in this world, nor will he be among the dwellers of Hellfire on the Day of Judgment.

The Prophet ﷺ promised that the people of the Qur'an - those who are devoted to it - will be elevated both in this world and the Hereafter.

In this world, Allah ﷻ raises the status of the person of the Qur'an by making him a leader in prayer, which is one of the greatest acts of worship. He ﷻ said:

2

[...] يَوْمُ الْقَوْمِ أَقْرَأَهُمْ لِكِتَابِ اللَّهِ

**The one who is most versed in Allah's Book should act as Imam for the people [...]**

Sahih Muslim 673a

On the Day of Judgment, Allah ﷻ will honour those who adhered to the Qur'an and bring down those who abandoned it.

The Prophet ﷺ told us:

3

إِنَّ اللَّهَ يَرْفَعُ بِهَذَا الْكِتَابِ أَقْوَامًا وَيَضَعُ بِهِ آخَرِينَ

**Verily, Allah raises the status of people by this book, and by it he humbles others.**

Sahih Muslim 817

● The Qur'an is truly a light for the slave.

The evidence for this can be found in Surah Ash-Shuraa where Allah ﷻ says:

4

وَكَذَلِكَ أَوْحَيْنَا إِلَيْكَ رُوحًا مِّنْ أَمْرِنَا ۚ مَا كُنتَ تَدْرِي مَا الْكِتَابُ وَلَا الْإِيمَانُ وَلَكِن جَعَلْنَاهُ نُورًا نَّهْدِي بِهِ ۖ مَن نَّشَاءُ ۚ مِّنْ عِبَادِنَا ۚ [...]

**And thus We have revealed to you an inspiration of Our command [i.e., the Qur'ān]. You did not know what is the Book or [what is] faith, but We have made it a light by which We guide whom We will of Our servants [...]**

Ash-Shuraa 52

Here, Allah ﷻ refers to the Qur'an, which is described as both light and soul. It gives life to those who embrace it. Without the Qur'an, a person is spiritually dead.

This verse highlights the transformative power of the Qur'an. It is not only a source of guidance but also a means of revival of one's Iman. Those who live by the Qur'an are illuminated from within, navigating their lives with clarity and purpose.

A poet beautifully encapsulated this truth, saying, **"You are walking in this world, looking for a companion, while in reality, the companion you need is the Quran."**

# A Mercy to the Worlds

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*Chapter Three*

The third source of light is the Prophet ﷺ. It is through him that Allah ﷻ guided us out of the darkness of ignorance, disbelief, bad manners, and all forms of sin.

Allah ﷻ brought people into the light of knowledge, faith, belief, and good manners through the Prophet ﷺ.

This is the essence of the declaration, "وَأَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ" (I bear witness that Muhammad is the Messenger of Allah). Believing in the Prophet ﷺ encompasses several key aspects:

1 Obedience

Following the Prophet ﷺ means obeying all his commands. Every directive he provided is to be followed with utmost sincerity and dedication.

2 Belief

It also means believing in everything he told us. Every teaching and guidance he imparted must be accepted as the truth.

3 Avoidance

Staying away from everything the Prophet ﷺ forbade is another crucial aspect. His prohibitions are as important as his commands.

4 Worship of Allah ﷻ

We must worship Allah ﷻ in the manner taught to us by the Prophet ﷺ. Our acts of worship should align with his Sunnah.

Allah ﷻ says in the Quran:

1

رَسُولًا يَتْلُو عَلَيْكُمْ آيَاتِ اللَّهِ مُبَيِّنَاتٍ لِّيُخْرِجَ الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ مِنَ الظُّلُمَاتِ إِلَى النُّورِ [...]

**A Messenger (Muhammad صلى الله عليه وسلم), who recites to you the Verses of Allâh (the Qur’ân) containing clear explanations, that He may take out those who believe and do righteous good deeds, from the darkness (of polytheism and disbelief) to the light (of Islamic Monotheism).**

At-Talaq 11

The Prophet ﷺ has shown us the path that Allah ﷻ desires for us, the path that leads to Jannah (Paradise) and distances us from Hellfire.

We ask Allah ﷻ to give us the strength and power to follow His Messenger, to embody his teachings, and to walk in the light that he has shown us.

# The Light of Remembrance

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*Chapter Four*

The final light we must strive to attain is the remembrance of Allah ﷻ. This practice, known as Dhikr, is a powerful source of light for those who seek Noor ash-Shara'i (النور الشرعي), the illumination that guides the heart and soul. The Prophet ﷺ highlighted the importance of Dhikr.

In one particular hadith, he stated:

1

قال رسول الله صلى الله عليه وسلم: "سبق المفردون" قالوا: وما المفردون يا رسول الله؟ قال: "الذاكرون الله كثيراً والذاكرات"

**"The Mufarridoon have gone ahead." He was asked, "Who are the Mufarridoon?" He (ﷺ) replied, "Those men and women who frequently celebrate the remembrance of Allah."**

Riyad as-Salihin 1436

The Prophet ﷺ explained that the Mufarridoon are the men and women who remember Allah ﷻ abundantly.

Allah ﷻ tells us that we should remember Him constantly, regardless of time or place. Whether in the morning, throughout the day, or in the evening, and whether one is standing, sitting, or lying down, Dhikr is essential.

Allah ﷻ says in Surah An-Nisa:

2

فَإِذَا قَضَيْتُمُ الصَّلَاةَ فَادْكُرُوا اللَّهَ قِيَمًا وَقُعُودًا وَعَلَىٰ جُنُوبِكُمْ

**And when you have completed the prayer, remember Allāh standing, sitting, or [lying] on your sides.**

An-Nisa 103

**This constant remembrance  
is the lifeline of a believer.**

The Prophet ﷺ illustrated this beautifully in a hadith:

3

مَثَلُ الَّذِي يَذْكُرُ رَبَّهُ وَالَّذِي لَا يَذْكُرُ مَثَلُ الْحَيِّ وَالْمَيِّتِ

**“The parable of one who remembers his Lord and one who does not remember is that of the living and the dead.”**

Sahih al-Bukhari 6407

**The Qur'an also affirms that Dhikr  
is a light for the slave of Allah ﷻ.**

In Surah Al-Ahzab, Allah ﷻ says:



يَا أَيُّهَا الَّذِينَ ءَامَنُوا أَذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ۚ وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا ۚ هُوَ الَّذِي يُصَلِّي عَلَيْكُمْ وَمَلَائِكَتُهُ لِيُخْرِجَكُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ ۚ وَكَانَ بِالْمُؤْمِنِينَ رَحِيمًا

**O you who have believed, remember Allāh with much remembrance And exalt Him morning and afternoon. It is He who confers blessing upon you, and His angels [ask Him to do so] that He may bring you out from darknesses into the light. And ever is He, to the believers, Merciful.**

Al-Ahzab 41 - 43

To incorporate this divine light into our lives, we must strive to keep the remembrance of Allah ﷻ on our tongues and in our hearts.

We beg Allah ﷻ to grant us the strength to remember Him constantly and to keep us away from neglecting His remembrance.



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